

<b>Food</b>	<b>Weight (g)</b>	<b>Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Protein (g)</b>	<b>Calories</b>
Items for Meals					
Apple, raw, no skin, 1 medium	161.00	0.00	21.00	0.00	77.00
Banana, small, 6-7"	101.00	0.00	23.00	1.00	90.00
Butter, 1 pat, 1" square x 1/3" high	4.00	3.00	0.00	0.00	27.00
Cashew Flour 1 oz., 1/4 cup	28.00	14.00	8.00	5.00	160.00
Cashew nuts, raw 1/4 cup, 1 oz.	28.00	14.00	8.00	5.00	160.00
Cashew nut butter, 1 tablespoon	15.00	7.50	4.50	2.00	90.00
Chicken breasts - grilled	78.00	1.50	0.00	22.00	100.00
Chicken Curry	340.00	4.23	5.00	63.06	310.31
Coconut, raw, 1 oz.	28.00	9.00	4.00	1.00	99.00
Coconut, raw, 1 tablespoon	4.00	1.29	0.57	0.14	14.10
Corn, sweet, raw, 1 cup	154.00	2.00	29.00	5.00	132.00
Corn flakes or Puffs, lightly sweetened, 3/4 cup	30.00	0.00	27.00	2.00	110.00
Egg, 1 large	61.00	7.00	0.00	6.00	96.00
Granola, plain classic, Back to Nature brand, 1/2 cup	51.00	3.00	39.00	6.00	200.00
Ice Cream, Haagen-Dazs, Vanilla, 1/2 cup	102.00	17.00	20.00	4.00	250.00
Ice Cream, Breyers, Natural Vanilla, 1/2 cup	66.00	7.00	14.00	3.00	130.00
Lentils, cooked, 1 cup	198.00	1.00	40.00	18.00	230.00
Oatmeal, Dry, 1/2 cup	40.00	3.00	26.00	6.00	155.00
Oatmeal, cooked, 1 cup	234.00	4.00	32.00	6.00	188.00
Olive Oil, 1 oz.	28.00	28.00	0.00	0.00	252.00
Olive Oil, 1 tablespoon	14.00	14.00	0.00	0.00	126.00
Potato, baked, 1	100.00	0.00	21.00	3.00	93.00
Potato, flakes, 1/3 cup	26.00	0.00	20.00	2.00	90.00
Potato, French Fries, Fast Food Restaurant	176.00	26.00	68.00	8.00	542.00
Potato, mashed with whole milk	210.00	1.00	37.00	4.00	210.00
Quinoa, cooked, 1 cup	185.00	4.00	39.00	8.00	224.00
Rice, Brown, 1 cup	195.00	2.00	46.00	5.00	218.00
Rice, white, California, 1 cup	186.00	0.00	53.00	4.00	242.00
Rice, Brown, Cake, Quaker, 1	9.00	0.00	7.00	1.00	35.00
Rice, Brown, Crispy Cereal, 1 cup	30.00	0.50	25.00	2.00	110.00
Rice, cracker, white, sesame, 1	1.75	0.13	1.38	0.13	6.88
Salad/Vegetables, 2 cups	72.00	0.00	2.00	0.00	8.00
Sesame Seeds, 1 cup	144.00	72.00	34.00	26.00	825.00
Strawberry, medium, 1	12.00	0.00	1.00	0.00	4.00
Sugar, granular, 1 packet	3.50	0.00	4.00	0.00	15.00
Sunflower Oil, 1 cup	218.00	218.00	0.00	0.00	1,927.00
Tomatoes, cooked, 1 cup	240.00	0.00	10.00	2.00	43.00
Tomato, raw, small, 1	91.00	0.00	4.00	1.00	16.00
Tomato Sauce, curry or Italian, with Olive Oil, 1 cup	247.00	7.00	10.00	2.00	106.00

Food	Weight (g)	Fat (g)	Carbohydrate (g)	Protein (g)	Calories
Turkey (breast or dark meat)	170.00	2.80	7.20	29.00	176.00
Vegetable Curry	400.00	16.00	28.40	12.80	308.00
Snack					
Cashew nuts, raw 1/2 cup (1 oz.)	56.00	28.00	16.00	10.00	320.00
Totals: Fat-70.79%, Carb-17.98%, Protein-11.24%	56.00	28.00	16.00	10.00	320.00
Snack					
Apple, raw, no skin, (1 medium)	161.00	0.00	21.00	0.00	77.00
Totals: Carb-100%	161.00	0.00	21.00	0.00	77.00
Snack					
Apple, raw, no skin, (1 medium)	161.00	0.00	21.00	0.00	77.00
Cashew Flour or Cashew nuts	23.80	11.90	6.80	4.25	151.30
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-45.52%, Carb-47.26%, Protein-7.22%	184.80	11.90	27.80	4.25	235.30
Snack - Apple Cashew Dessert					
5 medium Apples, raw, no skin	805.00	0.00	105.00	0.00	385.00
1/2 cup Cashew nuts	69.51	34.76	19.86	12.42	441.90
1/2 cup Cashew flour	53.51	26.76	15.29	9.56	340.18
4 tablespoons unsweetened shredded coconut	16.00	5.16	2.28	0.56	56.40
4 Strawberries	48.00	0.00	4.00	0.00	16.00
1-1/4 cups water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-47.04%, Carb-45.90%, Protein-7.07%	992.02	66.68	146.43	22.54	1,239.48
Divide recipe by 4			36.61		
Snack					
Granola, plain classic, Back to Nature brand	23.59	1.39	18.04	2.78	95.79
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-13.06%, Carb-75.35%, Protein-11.59%	23.59	1.39	18.04	2.78	95.79
Snack					
Granola, plain classic, Back to Nature brand	39.23	2.31	30.00	4.62	159.27
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-13.06%, Carb-75.35%, Protein-11.59%	39.23	2.31	30.00	4.62	159.27
Snack					
Granola, plain classic, Back to Nature brand	47.18	2.78	36.08	5.55	191.54
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-13.06%, Carb-75.35%, Protein-11.59%	47.18	2.78	36.08	5.55	191.54

Food	Weight (g)	Fat (g)	Carbohydrate (g)	Protein (g)	Calories
Snack					
Rice, cracker, white, sesame, 1	1.75	0.13	1.38	0.13	6.88
26 crackers	45.50	3.38	35.88	3.38	178.88
Totals: Fat-16.23%, Carb-76.56%, Protein-7.21%					
Snack					
Corn flakes, lightly sweetened	20.01	0.00	18.01	1.33	77.36
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-0%, Carb-93.12%, Protein-6.88%	20.01	0.00	18.01	1.33	77.36
Snack					
Corn flakes, lightly sweetened	33.36	0.00	30.02	2.22	128.96
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-0%, Carb-93.12%, Protein-6.88%	33.36	0.00	30.02	2.22	128.96
Snack					
Corn flakes, lightly sweetened	40.05	0.00	36.05	2.67	154.88
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-0%, Carb-93.12%, Protein-6.88%	40.05	0.00	36.05	2.67	154.88
Snack					
Ice Cream, Haagen-Dazs, Vanilla	102.00	17.00	20.00	4.00	250.00
Totals: Fat-61.45%, Carb-32.13%, Protein-6.43%	91.80	15.30	18.00	3.60	224.10
Ice Cream, Haagen-Dazs, Vanilla	102.00	17.00	20.00	4.00	250.00
Totals: Fat-61.45%, Carb-32.13%, Protein-6.43%	183.60	30.60	36.00	7.20	448.20
Ice Cream, Breyers, Natural Vanilla, 1/2 cup	66.00	7.00	14.00	3.00	130.00
Totals: Fat-48.10%, Carb-42.74%, Protein-9.16%	85.14	9.03	18.06	3.87	168.99
Ice Cream, Breyers, Natural Vanilla, 1/2 cup	66.00	7.00	14.00	3.00	130.00
Totals: Fat-48.10%, Carb-42.74%, Protein-9.16%	169.95	18.03	36.05	7.73	337.39
Ice Cream, Haagen-Dazs, Vanilla	91.80	15.30	18.00	3.60	224.10
Rice, Brown, Crispy Cereal	21.60	0.36	18.00	1.44	81.00
Totals: Fat-46.19%, Carb-47.20%, Protein-6.61%	113.40	15.66	36.00	5.04	305.10
Ice Cream, Breyers, Natural Vanilla, 1/2 cup	66.00	7.00	14.00	3.00	130.00
Rice, Brown, Crispy Cereal	21.54	0.36	17.95	1.44	80.80
Totals: Fat-33.83%, Carb-57.66%, Protein-8.50%	106.68	9.39	36.01	5.31	249.79

Food	Weight (g)	Fat (g)	Carbohydrate (g)	Protein (g)	Calories
Snack					
Rice, Brown, Cake, Quaker, 1	9.00	0.00	7.00	1.00	35.00
Totals: Fat-0%, Carb-87.50%, Protein-12.5%	9.00	0.00	7.00	1.00	35.00
Snack					
Rice, Brown, Cake, Quaker, 1	9.00	0.00	7.00	1.00	35.00
Butter, 1/4 pat	1.00	0.75	0.00	0.00	6.75
Totals: Fat-17.42%, Carb-72.26%, Protein-10.32%	10.00	0.75	7.00	1.00	41.75
Snack					
Banana, small, 6-7"	158.07	0.00	36.00	1.57	144.00
Totals: Fat-0%, Carb-95.82%, Protein-4.18%	158.07	0.00	36.00	1.57	144.00
Breakfast					
Oatmeal, Dry	69.24	5.19	45.01	10.39	268.31
Hot water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-17.41%, Carb-67.10%, Protein-15.49%	69.24	5.19	45.01	10.39	268.31
Breakfast					
Oatmeal, Dry	63.20	3.16	41.08	9.48	230.68
Sugar, granular, 1 packet	3.50	0.00	4.00	0.00	15.00
Hot water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-11.53%, Carb-73.10%, Protein-15.37%	66.70	3.16	45.08	9.48	246.68
Breakfast					
Oatmeal, Dry	50.80	3.81	33.02	7.62	196.85
Sugar, granular, 1 packet	3.50	0.00	4.00	0.00	15.00
Hot water	0.00	0.00	0.00	0.00	0.00
Cashew Flour or Cashew nuts	28.00	14.00	8.00	5.00	178.00
Totals: Fat-41.01%, Carb-46.07%, Protein-12.92%	82.30	17.81	45.02	12.62	390.85
Breakfast					
Oatmeal, cooked	329.24	5.63	45.02	8.44	264.51
Totals: Fat-19.16%, Carb-68.08%, Protein-12.76%	329.24	5.63	45.02	8.44	264.51
Breakfast					
Oatmeal, cooked	300.23	5.13	41.06	7.70	241.21
Sugar, granular, 1 packet	3.50	0.00	4.00	0.00	15.00
Totals: Fat-17.95%, Carb-70.08%, Protein-11.97%	303.73	5.13	45.06	7.70	257.21

Food	Weight (g)	Fat (g)	Carbohydrate (g)	Protein (g)	Calories
Breakfast					
Granola, plain classic, Back to Nature brand	58.91	3.47	45.05	6.93	239.15
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-13.06%, Carb-75.35%, Protein-11.59%	58.91	3.47	45.05	6.93	239.15
Breakfast					
Granola, plain classic, Back to Nature brand	48.45	2.85	37.05	5.70	196.65
Cashew Flour or Cashew nuts	28.00	14.00	8.00	5.00	178.00
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-40.08%, Carb-48.10%, Protein-11.42%	76.45	16.85	45.05	10.70	374.65
Breakfast					
Corn flakes or Puffs, lightly sweetened	50.10	0.00	45.09	3.34	193.72
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-0%, Carb-93.10%, Protein-6.9%	50.10	0.00	45.09	3.34	193.72
Breakfast					
Corn flakes or Puffs, lightly sweetened	41.13	0.00	37.02	2.74	159.04
Cashew Flour or Cashew nuts	28.00	14.00	8.00	5.00	178.00
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-37.38%, Carb-53.43%, Protein-9.19%	69.13	14.00	45.02	7.74	337.04
Breakfast					
Rice, Brown, Crispy Cereal, 1 cup	54.00	0.90	45.00	3.60	202.50
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-4%, Carb-88.90%, Protein-7.11%	54.00	0.90	45.00	3.60	202.50
Breakfast					
Rice, Brown, Crispy Cereal, 1 cup	44.40	0.74	37.00	2.96	166.50
Cashew Flour or Cashew nuts	28.00	14.00	8.00	5.00	178.00
Cold water	0.00	0.00	0.00	0.00	0.00
Totals: Fat-38.51%, Carb-52.25%, Protein-9.24%	72.40	14.74	45.00	7.96	344.50

Food	Weight (g)	Fat (g)	Carbohydrate (g)	Protein (g)	Calories
Lunch					
Chicken breasts - grilled (2) with white Rice	156.00	3.00	0.00	44.00	203.00
Rice, white, California	155.31	0.00	45.04	3.11	192.60
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-29.33%, Carb-34.54%, Protein-36.13%	325.30	17.00	45.04	47.11	421.60
Lunch					
Chicken breasts - grilled (2) with white Rice	156.00	3.00	0.00	44.00	203.00
Rice, brown	191.10	1.96	45.08	4.90	217.56
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-31.22%, Carb-32.99%, Protein-35.79%	361.10	18.96	45.08	48.80	546.56
Lunch					
Chicken breasts - grilled (2) with Potato	156.00	3.00	0.00	44.00	203.00
Potato, baked	214.50	0.00	45.05	6.44	205.96
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-28.6%, Carb-33.68%, Protein-37.71%	384.50	17.00	45.05	50.44	534.96
Lunch					
Chicken breasts - grilled (2) with Potato	156.00	3.00	0.00	44.00	203.00
Potato, flakes	58.50	0.00	45.00	4.50	198.00
Hot water	0.00	0.00	0.00	0.00	0.00
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-29.03%, Carb-34.16%, Protein-36.81%	228.50	17.00	45.00	48.50	527.00
Lunch					
Lentils, cooked	225.75	1.13	45.00	20.25	271.17
Totals: Fat-3.75%, Carb-66.38%, Protein-29.87%	225.75	1.13	45.00	20.25	271.17
Add on					
Corn, sweet, raw	239.00	3.11	45.04	7.77	239.23

Food	Weight (g)	Fat (g)	Carbohydrate (g)	Protein (g)	Calories
Dinner					
Chicken breasts - grilled (2) with white Rice & Salad	156.00	3.00	0.00	44.00	200.00
Rice, white, california	148.43	0.00	43.04	2.97	184.04
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-29.36%, Carb-34.58%, Protein-36.06%	390.40	17.00	45.04	46.97	521.04
Dinner					
Chicken breasts - grilled (2) with white Rice & Salad	156.00	3.00	0.00	44.00	200.00
Rice, brown	182.33	1.87	43.01	4.68	207.59
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-%, Carb-%, Protein-%	424.33	18.87	45.01	48.68	544.59
Dinner					
Chicken breasts - grilled (2) with Potato & Salad	156.00	3.00	0.00	44.00	200.00
Potato, baked	204.80	0.00	43.01	6.14	196.60
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-28.67%, Carb-33.74%, Protein-37.59%	446.80	17.00	45.01	50.14	533.60
Dinner					
Chicken breasts - grilled (2) with Potato & Salad	156.00	3.00	0.00	44.00	200.00
Potato, flakes	55.90	0.00	43.00	4.30	189.20
Hot water	0.00	0.00	0.00	0.00	0.00
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-29.08%, Carb-34.21%, Protein-36.72%	297.90	17.00	45.00	48.30	526.20
Dinner					
Chicken Curry (Indian Restaurant)	340.00	4.23	5.00	63.06	310.31
Rice, white	138.01	0.00	40.02	2.23	169.00
Totals: Fat-7.94%, Carb-37.57%, Protein-54.49%	478.01	4.23	45.02	65.29	479.31
Dinner					
Vegetable Curry (Indian Restaurant)	320.00	12.80	22.72	10.24	247.04
Rice, white	77.00	0.00	22.33	1.54	95.48
Totals: Fat-14.11%, Carb-80.71%, Protein-5.18%	397.00	12.80	45.05	11.78	342.52

Food	Weight (g)	Fat (g)	Carbohydrate (g)	Protein (g)	Calories
Dinner					
Chicken breast - grilled - Sweet Mama's Restaurant	174.00	3.35	0.00	49.06	226.39
Vegetables	345.60	0.00	9.60	0.00	48.00
Potato, baked	169.00	0.00	35.49	5.07	162.24
Totals: Fat-7.06%, Carb-42.24%, Protein-50.70%	688.60	3.35	45.09	54.13	427.03
Dinner					
Chicken breasts - grilled - Pumpnickel's Restaurant	160.00	3.08	0.00	45.14	208.28
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Mashed Potatoes with milk	244.44	1.16	43.07	4.66	201.36
Totals: Fat-9.14%, Carb-43.17%, Protein-47.70%	467.50	4.24	45.07	49.80	417.64
Dinner					
Turkey (breast or dark meat) with Brown Rice	170.00	2.80	7.20	29.00	170.00
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Rice, white, California	123.50	0.00	35.82	2.47	153.16
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-33.07%, Carb-39.39%, Protein-27.54%	379.50	16.80	45.02	31.47	457.16
Dinner					
Turkey (breast or dark meat) with Potato	170.00	2.80	7.20	29.00	170.00
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Potato, baked	170.50	0.00	35.81	5.12	163.72
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-32.33%, Carb-38.49%, Protein-29.18%	426.50	16.80	45.01	34.12	467.72
Dinner					
Turkey drumstick (456g total, 267 g meat) with Potato	267.00	4.40	11.30	45.53	266.92
Salad/Vegetables 2 cups	72.00	0.00	2.00	0.00	8.00
Potato, baked	151.00	0.00	31.71	4.53	144.96
Olive Oil (1 tablespoon)	14.00	14.00	0.00	0.00	126.00
Totals: Fat-30.34%, Carb-32.98%, Protein-36.68%	504.00	18.40	45.01	50.06	545.88
Add on					
Corn, sweet, raw	228.69	2.97	43.07	7.43	228.73



Food	Weight (g)	Fat (g)	Carbohydrate (g)	Protein (g)	Calories
<p>A meal should have more carbohydrate than fat. If daily meals consists of more fat than carbohydrate, the brain will not have a sufficient amount of glucose, resulting in the production of ketones from fat for the brain to survive. This is a process called "ketosis," which can lead to other problems. A high fat diet will require a high amount of carbohydrates. Therefore, a diabetic should seek a low fat, low carbohydrate diet. A carbohydrate content of 45%-60% is recommended.</p>					
<p><b>The Gluten Test</b>                      The first step is to measure blood glucose levels 2 hours after meals while avoiding all gluten products for 4 days. Re-introduce a gluten product, such as wheat, containing the same amount of carbohydrates, during a specific meal. Measure the blood glucose level after 2 hours. Compare the readings with and without gluten. Repeat this process several times. Blood glucose meters can be purchased at local pharmacies.</p>					
<p><b>The Dairy Test</b>                      The first step is to measure blood glucose levels 2 hours after meals while avoiding all dairy products for 4 days. Re-introduce a dairy product, such as milk during a specific meal. Measure the blood glucose level after 2 hours. Compare the readings with and without dairy. Repeat this process several times. Blood glucose meters can be purchased at local pharmacies.</p>					
<p>American Diabetes Foundation recommends 45-60 grams carbohydrates per meal for adults</p>					
<p>A meal should contain more carbohydrate calories than fat calories.</p>					
<p>1 gram fat = 9 calories</p>					
<p>1 gram carbohydrate = 4 calories</p>					
<p>1 gram protein = 4 calories</p>					
<p>This chart provides the quantities of weight, fat, carbohydrate, protein, and calories for each meal. Each meal is designed to provide a adequate amount of balanced carbohydrate. A recommended scale is the American Weigh ONYX Slim Design Kitchen Scale. It is important to weigh the rice or potato for each meal.</p>					

Food	Weight (g)	Fat (g)	Carbohydrate (g)	Protein (g)	Calories
This document is available in the library of www.allocca.com					
There is a Carbohydrate Balancing Calculator in the library of www.allocca.com					
Updated: 3/10/14					